



The Harry and Jeanette Weinberg Health & Wellness Center

We are pleased to provide the services below; each requires an appointment.

Call (720.382.7838) for appointments and if you have questions about cost and insurance coverage.

Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	By appointment only; call your care coordinator for a referral	Blue Spruce or Evergreen
Audiology	Scheduled as needed	Health Services Area
Chiropractic/Acupuncture	2 nd Tuesday/4 th Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS; call #720.382.7800 for an appointment	Health Services Area
Dermatology	1 st Friday; by appointment only	Health Services Area
Optometry Clinic	3 rd Friday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 rd Tuesday every 3 months; by appointment only	Health Services Area

The following classes and activities are OPEN and do not require an appointment.

Program	Frequency and Time	Location/Room
Balance Mountain Program	Mondays and Wednesdays at 9am	HWC/Pikes Peak or TT
Beginners English Class	Wednesdays 1pm	HWC/Mt Blue Sky
Blood Pressure Clinics	Wednesdays at 12pm	HWC/Gym
Gentle Yoga	Wednesdays and Fridays at 10am	HWC/Pikes Peak or TT
Health Conference	May 2024	HWC
Heart Healthy Kavod	February 2024	HWC/Pikes Peak
Book Club	Wednesdays at 1130am	HWC/Mt Blue Sky
Mindfulness Meditation Training	Mondays and Thursdays at 230 pm	HWC/Patio or Mt Blue Sky
Mindfulness Fiber Arts	Fridays 11am	HWC/Mt Blue Sky
Strength Training for Seniors	Fridays 1230pm	HWC/Pikes Peak
Tai Chi	Tuesdays and Thursdays at 9am	HWC/Pikes Peak